ENGLISH ACTIVITY

READING & VOCABULARY PRACTICE

Name: _____ Date: _____ Class: _____

READING PASSAGE: SLEEPING WITH A LIGHT ON COULD BE BAD FOR YOUR HEART

Researchers in the USA say even a light that is not very bright could be harmful. The researchers did tests on 11,000 people. The people wore sensors that measured the amount of light in their bedrooms. People who had no heart disease had an MRI scan three years later. The scans showed a link between sleeping with a light on and changes in the structure of the heart. One change was thicker heart muscles. Another change was the heart was less able to pump blood, stretch, and relax during heartbeats.

The study is published in the *European Heart Journal*. The lead researcher said light pollution was a new risk factor for heart disease. He suggested that reducing light while sleeping could be a strategy for preventing heart disease. The researchers advised people to turn off lights, televisions, and smartphones in their bedroom. They said people needed to make the room as dark as possible. They added: "The advice is simple and inexpensive: blackout curtains, warm-coloured bedside lighting, and covering the small standby LEDs on household electronics."

ACTIVITY 1: VOCABULARY MATCHING

Match the words from the text (1–8) with their correct definitions (A–H).

Words	Definitions
1. Harmful	( ) **A.** A device that detects or measures a physical property.
2. Sensor	( ) **B.** Causing or likely to cause damage or injury.
3. Thicker	( ) **C.** To make something smaller or less in amount.
4. Pump	( ) **D.** Having a larger distance between opposite sides / dense.
5. Prevent	( ) **E.** Not expensive; cheap.
6. Reduce	( ) **F.** To force liquid or blood to flow in a specific direction.
7. Advice	( ) **G.** To stop something from happening before it occurs.
8. Inexpensive	( ) **H.** Guidance or recommendations about a decision or action.

ACTIVITY 2: FILL IN THE BLANKS

Complete the sentences below using the correct term from the word bank.

light pollution | MRI scan | heart disease | standby | strategy | blackout curtains

Sleeping with the television on increases exposure to artificial _____ .

Doctors used an _____ to analyze changes in the structure of the heart.

Using _____ is an effective way to keep your bedroom completely dark at night.

Reducing light exposure at night can be a great health _____ to protect your heart.

Even small _____ LEDs on electronics can disrupt your sleep environment.

According to the research team, night light might be a new risk factor for _____ .

LIVEWORKSHEETS

ACTIVITY 3: COLLOCATIONS

Find words in the text that combine with the terms below:

1. **Risk+** .....
2. **Heart+** .....
3. **Blackout+** .....
4. **Bedside+** .....
5. **Warm-+** .....

ACTIVITY 4: ANTONYMS

Find the exact opposite word in the reading text:

1. **Bright→** .....
2. **Thinner→** .....
3. **Expensive→** .....
4. **Increasing→** .....
5. **Safe / Helpful→** .....

ACTIVITY 5: DISCUSSION & WRITING IN USE

*Answer the questions in complete English sentences using the **bold words**.*

1. Do you have any **standby LEDs** or **bedside lighting** turned on when you go to sleep?

2. What **strategies** do you use to make your bedroom as dark as possible?

3. In your opinion, why do many people find it difficult to turn off their **smartphones** before sleeping?

LIVEWORKSHEETS

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